

NECOEM and MaAOHN

PAN and the COVID-19 NIGHTMARE

2021 Annual Conference



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Making the Darkness Conscious



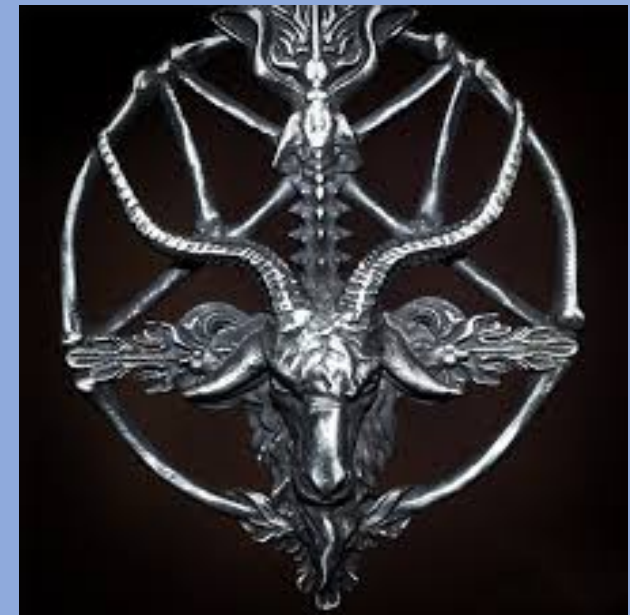
Photo Montage by Ken Larsen July 19, 2020

Spectators throw Turnips at PAN Devil in Spain



PAN – PANIC TERROR – COVID19

Pan is the god of Wild, of Nature itself. He is half human and half goat. His cloved feet give him away as the Devil himself. The word PANIC is derived from this god's name.





Bio Chemical Effects of Stress and Trauma on the Brain

CORTISOL

Blocks the
integrative memory
function of the
hippocampus

It can become
Neurotoxic



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ADRENALIN

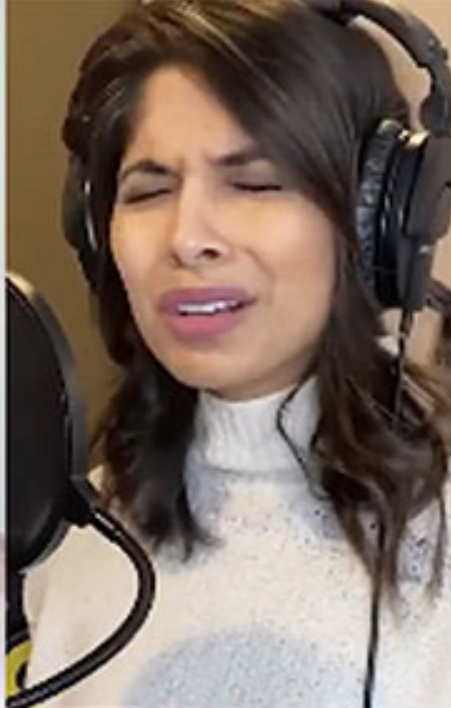
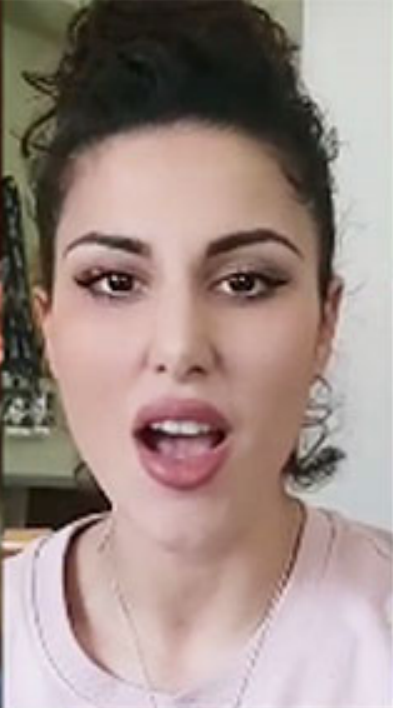
Increases encoding of emotions & perceptions (Body / Implicit Memory)

Hippocampal blockade negatively effects managing rational thought and memory and disrupts one's ability to cope

Daniel Siegel, MD

PAN is also the god of Music Dance Laughter







Then the Languishing Set In

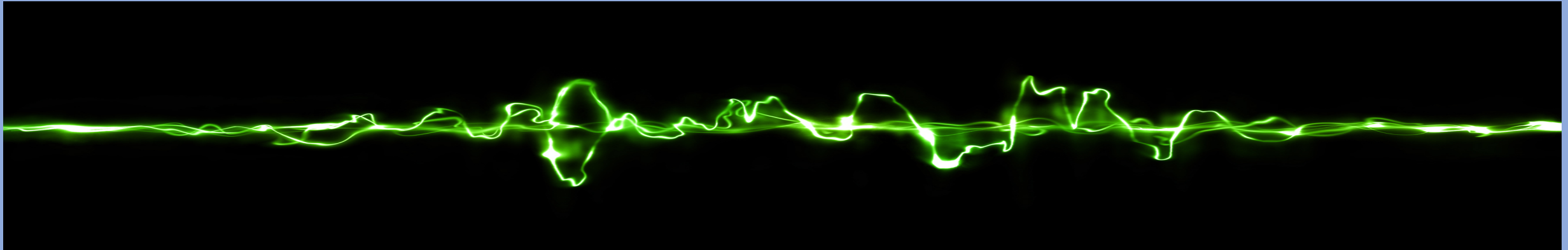
The Dynamic Balance of the Autonomic Nervous System

Dance – Flow – Oscillation - Rhythm
of pain, anxiety, control, release, trust, and peace in those who are suffering



Clinical Case

Kara
Physician Assistant
COVID ICU



CASE of KARA

- Kara is a 38yo PA working in a CCU for 11 years which was converted to a COVID ICU in March 2020
- She began to experience *sympathetic symptoms* prior to her shifts – starting in Summer 2020
- Symptoms included nightmares – panic attacks – flashbacks – flooding of random words & images
- In September 2020 she began seeing a therapist but reluctant to take meds due to nursing 1 1/2yo
- In December 2020 she reached out for help and advise from her OB who started Zoloft
- She remained in counseling until April 2021 – found it supportive – but PTSD Symptoms persisted
- I first saw her in July 2021 for PTSD using EMR or the Trauma Theater – a limbic targeted modality
- After brief treatment (4 session) PTSD cleared, she was cleared to RTW on September 27, 2021.

Symptoms

- Kara is married to a Med Flight EMT, with two small children and a dog. She reported:
- “with a new baby at home I was worried that I would be bringing COVID back to my family”
- “every time I went to work, I had unbearable stress - tachycardic, sweaty, nightmares”
- She was extremely anxious - nightmares revolved around treating dying COVID patients
- She described her triggers as “words, motions, smells, and things that are not discernable”
- These were her flashbacks – nightmares - short quick memories – followed by feelings of panic
- “we got to know them and then they died – patients’ names, words, phrases flooded me”
- “there's so much anxiety around my children and fear of bringing them out into the public”
- “the normal pathways we used to work with - didn't work for these illnesses - they just died”

Treatment

- Medication: Sertraline HCl (Zoloft) 50 MG Oral Tablet
- Diagnosis: (F43.12) Posttraumatic Stress Disorder, Chronic
- Therapeutic rapport established through active listening and attunement to her suffering.
- It is when the surge of COVID was over, and the stress backed off, that the energy got trapped internally with a reduced capacity for discharge
- When the 'surge' was over, that's when PTSD symptoms could no longer be ignored
- Complete emotional and psychological exhaustion when COVID relaxed in July 2021
- Kara was educated in how "Trauma" effects the biochemical nature of both brain and body
- And in the role of limbic-oriented treatment modalities such as the Trauma Theater which was explained in depth and utilized in follow-up sessions.

Exposure Therapy

The first phase of the Trauma Theater is exposure therapy – where the patient works hard at establishing an “observational” viewpoint, rather than being a participant in the trauma memories. During this phase....

Her voice was tremulous – extremely anxious – continually sucked into the movie – her body was tense – she had difficulty breathing – she repeatedly heard the ventilator alarms going off – and felt people touching her

She reported, “I’m bouncing in and out of the movie on the screen – I can’t breathe – I’m sweating profusely”

She shared specific memories "a family member wanted their dying relative to be transferred to MGH and we couldn't because the patient was not stable. I was cursed at and horribly insulted. But the family was totally out of control."

“There was one guy who survived COVID, but his wife was admitted and she died. Another was a woman who also died - she was very rude to me - her family didn't want to be vaccinated because they wanted God to protect them without the vaccine. That made me so angry in the face of obvious

Exposure Therapy

She described a recurring movie clip – seeing a patient's face gasping for breath, while holding his hand when he died – then seeing his wife coming into the room - hugging him and giving him a kiss - when his wife left the room the husband took his oxygen mask off and passed.” She wept. *This scenario got to the bone.*

When she was finally able to stay in the projection booth the whole time without getting sucked into the movie she had one more disturbing memory. “The new memory was a prisoner who went into cardiac arrest.

We were able to get him back. One of the guards came over to me and said, 'you guys should have just let

him go.’ This was one of the few codes we did and it is very scary to rush to get the protective gear on fast

and still be sure you're safe. And to experience the depravity of the guard's response was very hard to hear.”

Reprocessing Phase

Reprocessing Phase begins with the re-association of the patient into the end of the movie; and then “rewinding” the movie. She did this six times – feeling calmer – and more neutral with each rewind. In the reprocessing phase she reported additional memories of a different nature – more healing and

“A random new memory popped in - a pregnant woman with COVID and was needed a C-Section after 27 weeks - the baby did fine - good outcome. Felt less anxious and less of a stress response”

In this phase of treatment Kara was successfully able to revisit the entire event in reverse mode without the anxiety attached to the memories nor the difficulty breathing previously associated with these memories.

She reported, “I feel much less anxious - calmer than I've ever felt with those memories – it's as if I'm not emotionally attached to them now – I know it. I feel so much calmer.”

Kara's Wrap Up

"After the Trauma Theater I was exhausted for days. But I'm amazed that this really worked."

"It's the COVID patients themselves that I had the feeling of being totally out of control of their outcome that was the hardest for me over the last couple of years."

Then there was the sadness and disappointment that any COVID patient now is an un-vaccinated patient. I have some anger towards them - though some people can't get vaccinated because of other medical issues - and then I thought there is so much disinformation that is making many feel like they don't know how to trust the vaccine and I have feeling for them in that position and anger at those who spread disinformation."

Kara started back to work on Sept 27, 2021.

Namaste

